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Ghomeshi suit alleges breach of confidence

Former radio show host launches lawsuit against CBC PAGE 8

Zehaf Bibeau video will be released 'someday': RCMP

Top Mountie says Ottawa shooter was 'lucid' PAGE 9

IT'S THE MO' STASHI-FUL TIME OF THE YEAR

MOVEMBER IS UPON US PAGE 15

Polluter model faulty: Minister

Environment. Mary Polak admits province's current pay system 'isn't strong enough'

MATT KIELTYKA
matt.kieltyka@metronews.ca

B.C.'s marine oil spill response team practises an emergency cleanup in Howe Sound on Sept. 12, 2013. JENNIFER GAUTHIER/FOR METRO

British Columbia Environment Minister Mary Polak admits the province's polluter-pay model is weak.

As first reported by Metro, an internal government email between high-ranking Ministry of Environment staffers on March 31 of this year cited "hundreds of spills on (an) annual basis where gaps occurred or improvements are needed."

Chief among concerns is the polluter-pay model.

"We recognize that the current system of polluter pay isn't strong enough. We'd like to see it strengthened," said Polak when scrummed by media about the email in the legislature.

In theory, polluting companies are responsible for the cost of cleanup and remediation efforts after an environmental disaster.

In reality, wrote Graham Knox, director of B.C.'s Environmental Emergency Program, "without clear rules and guidelines ... the responsible party could ultimately walk away if it so chose."

Knox said if a spill affects public land in B.C. and Washington State, only "the public on the U.S. would be entitled to compensation for loss of public use."

NDP environment critic Spencer Chandra Herbert, whose staff found the email as part of a freedom-of-information release, told Metro the email proves taxpayers could be on the hook.

Polak said the email is part of an ongoing consultation process as B.C. looks to draft a new land-based spill response plan.

"It's very clear that if we are going to fill the gaps that are present, that we acknowledge are present, it is going to take the role of industry in contributing to our capacity to prevent and to respond to spills," she said. "It can't just be falling on the hands of government, and therefore the taxpayer."

The government has often touted its commitment to establishing "world-leading" land and marine-based spill response plans.

Work on that will continue over the coming year, Polak said.

"At this point, what we want from the spills intention paper, and ultimately the final policy document, is recommendations as to where we need to act and where industry needs to act," she said.

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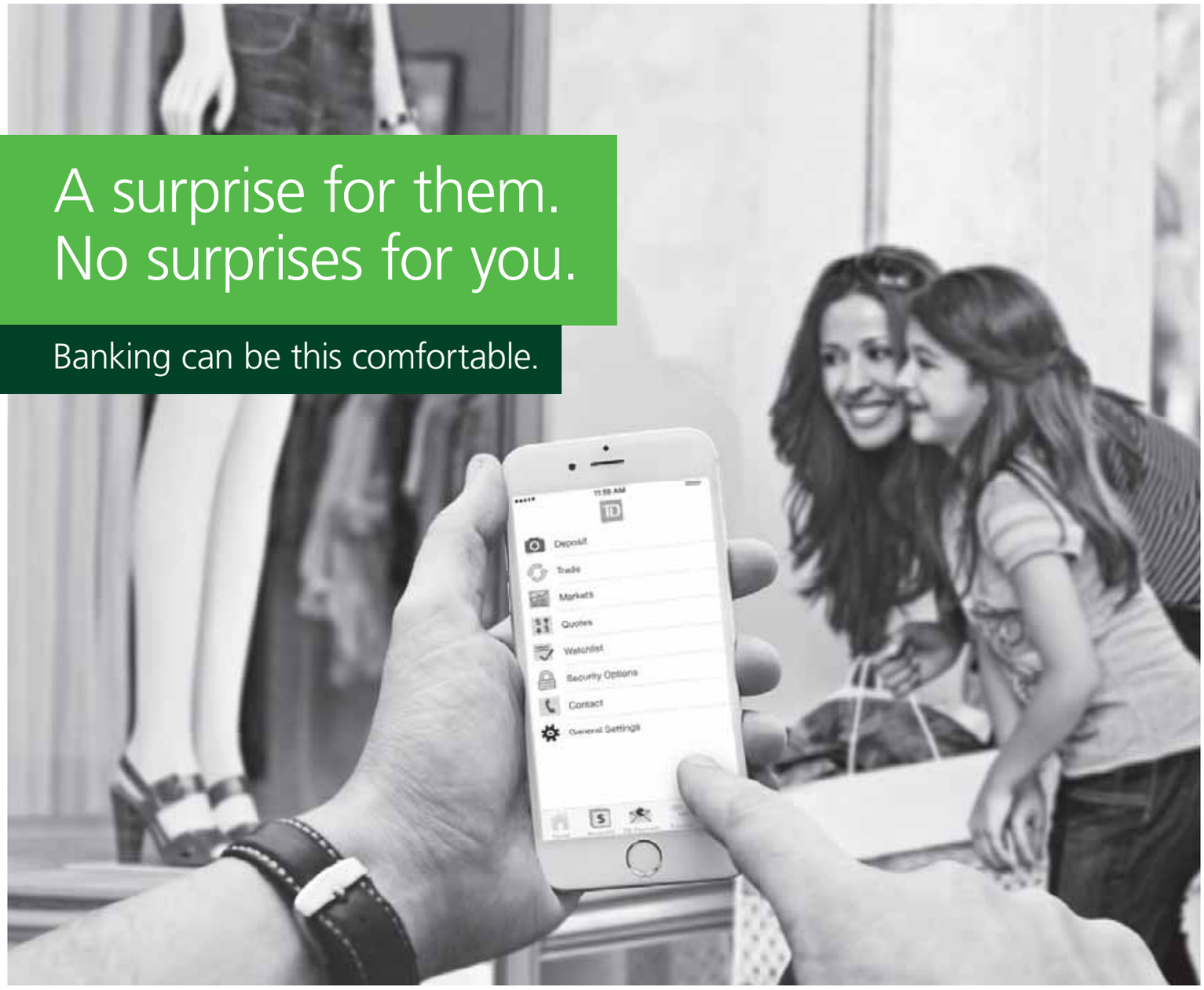

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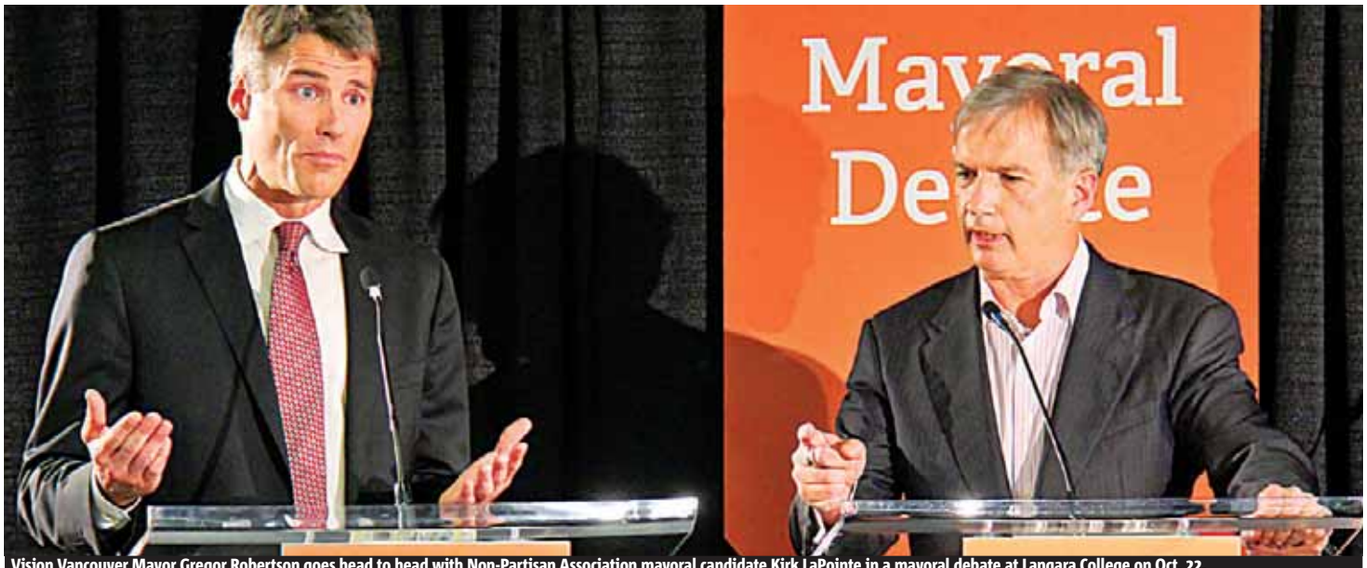


Vision Vancouver Mayor Gregor Robertson goes head to head with Non-Partisan Association mayoral candidate Kirk LaPointe in a mayoral debate at Langara College on Oct. 22.

EMILY JACKSON/METRO

Mayor tackles allegation of 'corrupt' deal with union

Speaking out.
Robertson clarifies his stance at a news conference on Monday

EMILY JACKSON
emily.jackson@metronews.ca

Mayor Gregor Robertson is on the defence over allegations of a corrupt deal with the city workers union, saying on Monday there is "no connection" between his party's recommitment not to contract out city jobs and the union donating $102,000 to Vision Vancouver.

The mayor's top rival, Non-Partisan Association mayoral candidate Kirk LaPointe, has accused Vision of making the promise in exchange for political and financial support based on a leaked recording of a private CUPE Local 1004 meeting in October.

In the recording, Vision Coun. Geoff Meggs stated the mayor had "recommitted to not expand contracting out." On the same night, the union donated the cash to Vision.

The mayor ducked questions on the matter at a mayoral debate Sunday, but clarified his stance at a news conference on Monday.

"Our position has been for six years we're not interested in further contracting out," Robertson said. "We're proud of our record with labour when you contrast it to the huge garbage strike of the NPA and labour unrest that is the NPA history with labour."

Robertson said there is "absolutely not" a connection between the party's position and the donation, and that his goal is to have a solid working relationship with the unions, a fair bargaining process and to achieve savings where possible.

He also accused the NPA of having a "secret agenda to privatize city hall."

But LaPointe scoffed at the suggestion (he said he has "no agenda of privatization") and stood by his allegations of corruption, saying in an interview "any reasonable person would view this as a deal."

With the union's collective agreement set to expire in 2015, LaPointe believes the city has tied its hands in a negotiation and won't be able to get the best deal for the taxpayers.

"It's either naïve management on his part, or it's a corruption. Either way, it's costly for the city," LaPointe said. "This disrespects the working men and women in the city because it taints them with the notion they can be bought."

But CUPE 100 national representative Bill Pegler said the union is not concerned about the perception of a secret deal.

"Our decisions are pretty clear to everyone," Pegler said.

"We support candidates for public office who support our positions, and Vision certainly supports public services and good value."

CUPE is very involved in municipal elections and also donated to COPE, OneCity and the PEP.

The union advocates for publicly delivered public services.

Vancouver parties split on school donations from big oil

'Fuel Your School.'
Vision says program has strings attached, NPA says not taking money is 'denying' students

EMILY JACKSON
emily.jackson@metronews.ca

Vision Vancouver won't accept cash from an oil company to fund science projects in classrooms, a policy that the Non-Partisan Association says denies school children of extra learning experiences.

Both parties tried to capitalize on the difference of opinion to win votes in the Nov. 15 municipal election by attacking each other's policies on Monday.

The debate centres on the Vision-dominated school board's decision not to accept money from Chevron's "Fuel Your School" program, which donates $1 to a school district when a customer purchases more than 30 litres of gas. Teachers then apply for grants through an online system.

Vision intends to continue its policy to accept corporate donations that come only with "no strings attached," Vancouver School Board chair Patti Bacchus said at a news conference. If Chevron simply wrote the board a $1-million cheque, Bacchus said, she would take it, but not if the company decides what gets funded in the classroom.

Chevron spokesperson Adrien Byrne said in an email that Chevron does not select or in any way bias what projects are funded, and that projects are funded by their place in the submission queue.

The NPA, on the other hand, wants a piece of the maximum of $565,000 Chevron intends to distribute to school boards that will accept its donations in Surrey, White Rock, Burnaby, Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, Bowen Island, North Vancouver, West Vancouver and Lions Bay.

"This money is going to teacher-led initiatives such as music, technology, and literacy programs. Vision is denying Vancouver students these programs and that is wrong," NPA mayoral candidate Kirk LaPointe said in a statement.

But Bacchus said the NPA's position should be a "big red flag" for voters.

"It's contingent on promoting gas sales in local gas stations ... and then the strings that come attached to that," she said.

The board has "great donors" such as Telus that don't ask to get into the classroom, she said. "That's the critical piece and that's what scares me about the NPA."

The donation disagreement paints both Vision and the NPA further into their respective corners on the issue of resources. Vision promotes "green" jobs and is opposed to the Kinder Morgan pipeline expansion (although Mayor Gregor Robertson has repeatedly denied the anti-resource label) and the NPA says it is proud of the city's resource economy and wants to attract LNG jobs.

But the parties do have their similarities. Both pledged to fund breakfast programs for children, use extra space in schools for childcare and to keep neighbourhood schools open.

However, Vision was quick to point out an NPA trustee suggested this spring that the board should have closed three high schools and two elementary schools due to declining enrollment.

Quoted

"It's contingent on promoting gas sales in local gas stations ... and then the strings that come attached to that."
Vancouver School Board chair Patti Bacchus

Incumbent Vision Vancouver school board trustee Mike Lombardi, Mayor Gregor Robertson, trustee Patti Bacchus, trustee Cherie Payne and candidate Joy Alexander at a news conference at party headquarters on Monday. EMILY JACKSON/METRO

No support from Van Greens for Broadway subway plan

The Vancouver Green Party isn't on board with a plan to build a $3-billion subway along Broadway to UBC.

The party announced Monday it believes the money could be used to fund a "fairer, smarter" system, even though the city's transportation plan and the mayors' council chose the subway as the best way to move people along one of North America's busiest bus routes.

Coun. Adriane Carr points out that the regional plan only calls for a $2-billion underground line from VCC-Clark Station to Arbutus.

She speculates that fees from development along the Broadway corridor would be needed to fund the rest of the line to the university.

"There will be a real push for high-rise centres like Metrotown, Brentwood and Oakridge at subway stops, because the higher the density, the more money the city will get," Carr said in a statement.

Both Vision and the NPA support the subway, but COPE would also spend the money elsewhere. EMILY JACKSON/METRO

Transit users at Commercial-Broadway SkyTrain station. JENNIFER GAUTHIER/METRO FILE

‘Date rape drug’ sends three to hospital

GHB. RCMP remind public about dangers of the drug after trio voluntarily ingested it at home before going out for drinks

MATT KIELTYKA
matt.kieltyka@metronews.ca

North Vancouver RCMP is warning the public after three adults were hospitalized after voluntarily ingesting the date rape drug.

Police say two women and a man were rushed to Lions Gate hospital from a local bar Saturday night.

One woman was found passed out in the bathroom and the two others were in medical distress.

Investigators learned that all three had ingested gamma hydroxybutyrate — better known as GHB or the “date rape drug” — at home before going out for drinks.

Quoted

“Police are taking this opportunity to send another warning to the public, that in taking illicit drugs such as GHB, you are taking significant risk with your personal health and safety.” North Vancouver RCMP spokesperson Cpl. Richard De Jong

They were held in hospital overnight for observation before being released the next morning.

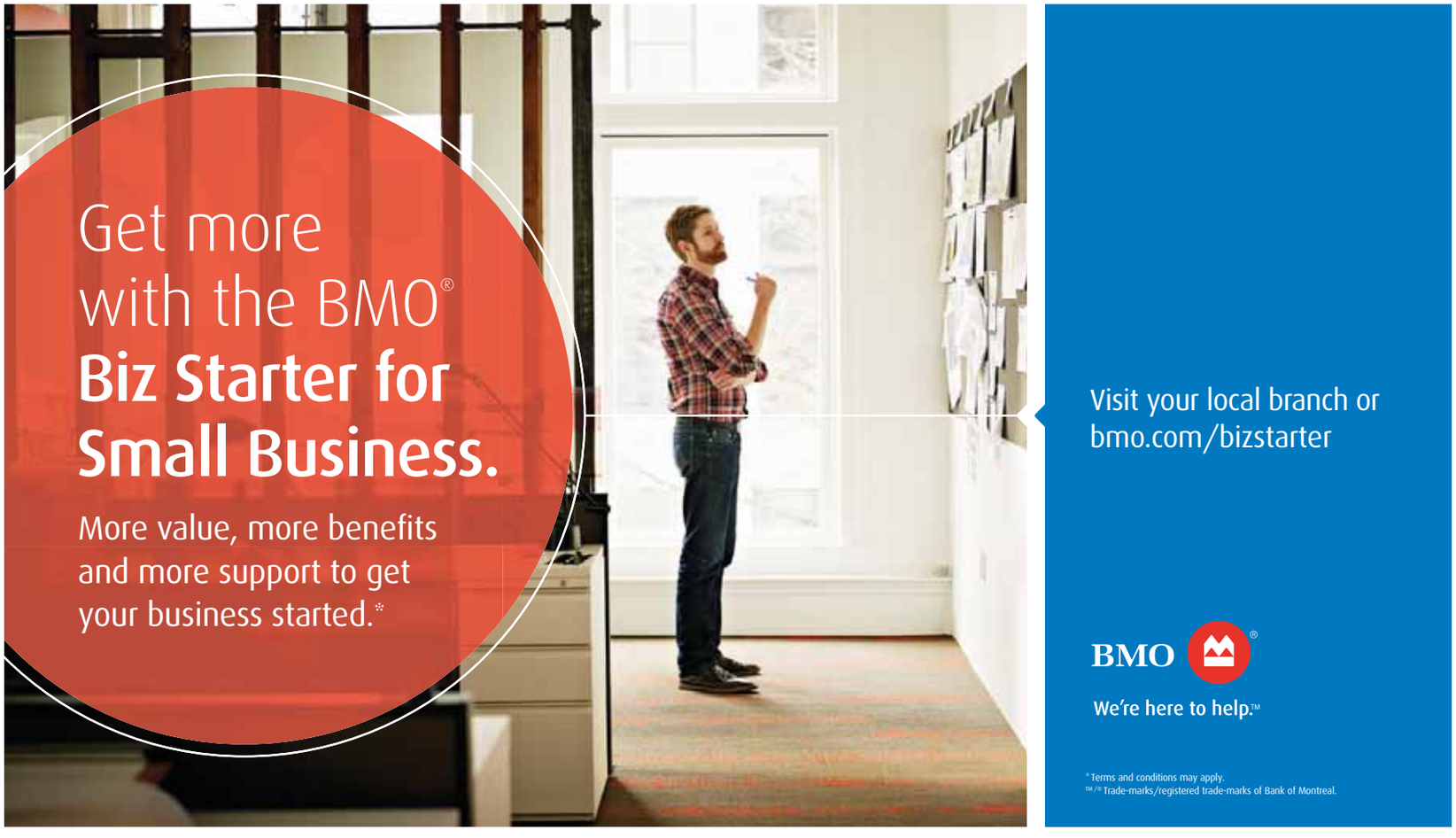
“Police are taking this opportunity to send another warning to the public, that in taking illicit drugs such as GHB, you are taking significant risk with your personal health and safety,” said North Vancouver RCMP spokesman Cpl. Richard De Jong in a statement.

“This trio survived because they received quick medical care, the dangers are very real in taking GHB.”

GHB is a powerful, rapidly acting central nervous system depressant.

According to Health Canada, overdosing on GHB — which can cause slowed breathing, seizures, coma and may result in death — is easy because the amount that produces the desired pleasurable effects is close to the amount that can cause an overdose.

Three adults were admitted to hospital after ingesting GHB, better known as the date rape drug. COURTESY RCMP



Surrey

Mounties search for driver who hit two pedestrians

Mounties in Surrey, B.C., are searching for the driver of a car that struck two pedestrians in a marked crosswalk late Sunday and drove away.

Around 9 p.m., the vehicle was travelling northbound on 130th Avenue and turned onto 72nd Avenue when it struck the pair in a marked crosswalk, according to Surrey RCMP. The vehicle did not stop, and sped off eastbound on 72nd Avenue.

The pair, a man and a woman in their mid-20s, were taken to hospital for non-life threatening injuries to their lower body and were treated for several fractures, police said.

Police are searching for the vehicle, a white or light-coloured car that is possibly a Mazda. **THANDI FLETCHER/METRO**

Vernon

Spraying blood at Tim Hortons may lead to charges

Mounties in Vernon, B.C., are considering assault charges after a man sprayed blood inside a Tim Hortons restaurant.

RCMP spokesman Gord Molendyk says the man had a laceration on his hand and flicked blood from his wound around the public area, on customers and on tables.

Police are asking anyone who was in the restaurant located on 58 Avenue on Saturday afternoon at about 1:30 p.m. and who may have been spattered to contact the RCMP.

Molendyk says there as some serious health concerns and those customers need to come forward. He says the man may have been suffering from some mental-health issues. **THE CANADIAN PRESS**

Greater Victoria area

Cops say man hit cruiser in effort to avoid arrest

A 20-year-old man was expected to appear in provincial court Monday after ramming his vehicle into a police car in an attempt to elude arrest.

Westshore RCMP say police were doing a road check on Saturday night in the Greater Victoria area when they saw a male driver turn around in order to avoid the road block.

An officer in a police car followed the driver into a condominium complex, and when the driver realized there was no way out, he tried to escape by ramming his car into the police cruiser.

Police say the man then drove over a lawn, struck a tree, left the vehicle and jumped into a nearby waterway before being arrested. **THE CANADIAN PRESS**

Perjury trial starts for Mountie involved in airport Taser death

Discrepancies? Crown alleges RCMP officer colluded with colleagues to lie about what happened the night Robert Dziekanski died

A former RCMP officer who was involved in Robert Dziekanski's death colluded with his colleagues to lie about what happened; first to homicide investigators and then again when the Mounties appeared before a public inquiry, a Crown prosecutor alleged Monday.

Former corporal Benjamin (Monty) Robinson was among four officers who went to Vancouver's airport the night Dziekanski was stunned with a Taser and died in October 2007.

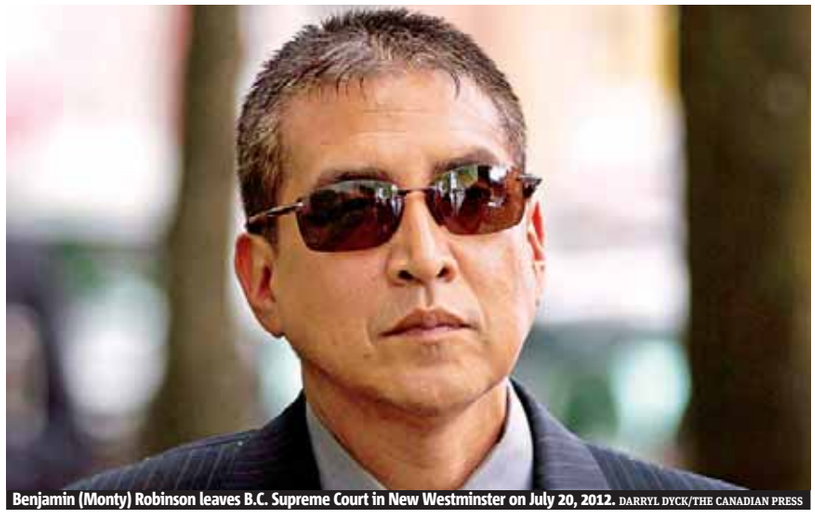
The officers were forced to explain their actions at a public inquiry in 2009, and all four were later charged with perjury for their testimony.

The officers were called to the airport in the early morning of Oct. 14, 2007, after Dziekanski, a Polish immigrant who spoke no English and had been at the airport for nearly 10 hours, started throwing furniture in the international arrivals area. He was stunned multiple times with a Taser and died on the airport floor.

About a month later, an amateur video was released that appeared to contradict official RCMP accounts of what happened.

The Crown's theory is that the four officers met at some point before speaking with homicide investigators, to concoct a story that would support their use of force.

The Crown further alleges the officers lied to the public inquiry to explain apparent discrepancies between their initial accounts to investigators and what could be seen later on video.



Benjamin (Monty) Robinson leaves B.C. Supreme Court in New Westminster on July 20, 2012. DARRYL DYCK/THE CANADIAN PRESS

Robinson pleaded not guilty at the start of proceedings Monday. His trial will mark the second time the Crown has tried to prove its theory that the officers colluded. Another officer, Const. Bill Bentley, stood trial last year but was acquitted when a judge concluded there were other explanations for what he told the inquiry. The Crown is appealing.

The Crown says the officers' initial statements and notes contain similar errors when compared with the video. For example, they initially claimed two officers wrestled Dziekanski to the ground, even though the video shows him falling on his own after the first Taser jolt.

The only conclusion, the Crown argues, is that the officers colluded before giving those accounts.

However, prosecutors have not said precisely when or where the officers could have met in the hours between the time Dziekanski died and when they spoke to homicide investigators.

The Crown also plans to call the spouse of Bentley's cousin, who is expected to say the officers met at her house in February 2009. While the woman was not in the room for the alleged meeting, the Crown says they must have been planning their testimony ahead of the inquiry. THE CANADIAN PRESS

Accountant ordered to pay $245K for misleading testimony

An accountant has been ordered to pay $245,000 for misleading testimony involving his denial that he sexually assaulted a woman in a suite at a Vancouver Canucks hockey game two years ago.

Pius Park, a former Vancouver manager at the national accounting firm BDO Canada LLP who moved to South Korea in December 2012, was found by a Supreme Court jury to have sexually assaulted the woman after watching a Canucks playoff game in a suite at Rogers Arena on April 13, 2012.

The jury awarded the victim $391,000 in damages earlier this year. Park is appealing the jury decision but now claims he is broke. His parents are paying for his appeal, the court was told.

This week, B.C. Supreme Court Justice Peter Voith decided after a 17-day civil trial to award the victim $254,426 in special court costs after concluding Park deliberately lied during his testimony in order to mislead the jury.

The victim

The woman, who suffers from depression and post-traumatic stress disorder, testified that she hasn't been able to work since that evening and the resulting stress on her marriage contributed to a separation from her husband.

The judge also found that Park knowingly tampered with the memory of Eric Kim, who was present in the suite at the Canucks game. Kim initially had no memory after the second period because of the amount of liquor he consumed, causing him to pass out. Park told Kim that there were others present in the suite at the end of the evening, so they were never alone with the victim, the judge found.

The victim was an employee of Edgewater Casino, which used the suite to entertain clients.

She testified she knew one of the clients, Kim, a Vancouver accountant, who attended the suite that night but had never met Kim's guest, Park.

The woman testified she had no memory after the second period of the game but woke up in bed the next morning and found blood on her thighs and a cut on her genitals, leading her to believe she had been given a date rape drug and sexually assaulted.

She went to hospital and was examined by a sex-assault team.

The matter was investigated by police but no charges were laid.

The victim filed a civil lawsuit, claiming she was sexually assaulted by Park and/or Kim, but Kim was exonerated by the jury, which made no finding about the victim being given a date rape drug, although an expert toxicologist testified the victim showed symptoms of such a drug being administered. NEAL HALL/FOR METRO

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Liquefied natural gas not the climate change solution B.C. promises: Report

Pembina Institute.
Clean energy advocate says the province must adopt stronger policies to limit greenhouse gas emissions

A report from the Pembina Institute pokes holes in the British Columbia government's claim that exporting liquefied natural gas (LNG) is the greatest single step the province can take to fight climate change.

The government has said shipping LNG from B.C. to Asia would help cut the use of coal, which emits higher greenhouse gas emissions.

The report released Monday said only strong climate-change policies will limit the output of emissions, and without those policies the use of coal and natural gas will increase over the next few decades.

Josha MacNab, co-author of the report with Matt Horne, said they haven't seen any evidence to support Premier Christy Clark's claim that exporting LNG will cut greenhouse gas emissions.

In fact, she said, their research indicates "these claims are inaccurate."

"The reality is that it's actually climate policy, not the production of natural gas, or the availability of natural gas, that will determine our trajectory toward dangerous climate change and the mix of fuels that will avoid this outcome," she told reporters during a webinar after the report was released.

The report looked at different scenarios over two decades for the use of coal, oil, natural gas and renewable energies, such as nuclear power.

Under the current policy framework, the report said the use of coal, oil and natural gas would all increase, while under strong climate policies the use of fossil fuels would go down by 2035 and renewables would increase.

Premier Christy Clark speaks in Vancouver on Apr. 30. THANDI FLETCHER/METRO FILE

"Our research indicates that, contrary to the government's claim, natural gas will not reduce coal use and will not help solve climate change in a world with weak climate policies in place, which unfortunately is the world we live in," said Horne.

British Columbia's role could be to adopt strong climate change policies locally and advocate for similar changes globally, he said.

The report's first recommendation is that the province acknowledge that B.C.'s shipment of LNG to Asia won't help reduce global greenhouse gas emissions in line with efforts to avoid a two-degree Celsius warming.

Other recommendations would see the province investigate ways to reduce its own gas emissions, implement climate-change policy to reduce emissions and apply a proactive role on methane management globally by working with other LNG-producing jurisdictions to establish stronger policies.

B.C. Environment Minister Mary Polak was unavailable for reaction to the report that attempts to discredit her government's claim that global GHG emissions would drop with LNG shipments to Asia.

But in an email statement, Polak said the province has worked with many international forums to encourage adoption of carbon pricing.

THE CANADIAN PRESS

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Ghomeshi's $55M lawsuit against CBC alleges breach of confidence

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking $55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Shortly after that, Ghomeshi posted a long Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

Over several months, Ghomeshi provided CBC representatives with private information, including details of his sexual relationships, according to the suit. The broadcaster "assisted in drafting responses to media enquiries, as well as press releases to be issued on Mr. Ghomeshi's behalf, if it became necessary to do so," the suit says. THE CANADIAN PRESS

Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?

The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

Ghomeshi stickhandles scandal with Facebook

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by The Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around, first of all, his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the crisis, Mann said he is under no illusions the Facebook post was organic.

"It was meant to look very much like he sat down on a laptop and just wrote his thoughts out … but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and "jilted," will do more harm in the long run.

"I would hope Jian and Navigator would reflect on their strategy … If the ramifications are making it unsafe for women to come forward, you really need to think about how you're approaching this.

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side." SHANE GIBSON/METRO IN WINNIPEG WITH FILES FROM LUKE SIMCOE

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

- In 2009, former Ontario attorney general Michael Bryant hired Navigator after an altercation on a Toronto street resulted in the death of cyclist Darcy Allan Sheppard. Bryant was charged with dangerous driving causing death, but the charges were later withdrawn.
- Navigator's chairman is Jaime Watt, a former strategist with the Ontario Progressive Conservative party whose past includes a conviction for fraud.

Modern rape culture

WHY DON'T VICTIMS OF SEX ASSAULT GO TO POLICE?

RUTH DAVENPORT
Metro in Halifax

If a tree falls in the forest and no one files a police report — did it make a sound?

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations, she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault. Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men to not rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic. Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut. Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide. Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, must always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.

That's all, folks? Toronto says no to Ford more years

Toronto mayoral race. Doug Ford puts on brave face after losing bid for mayor to John Tory

MATT ELLIOTT
Metro in Toronto

After a night of emotional highs, lows and a bunch of complicated feelings in between, supporters at mayoral candidate Doug Ford's election night party were able to keep the faith by turning their attention to the next mayoral race in 2018.

"Folks, if you know anything about the Ford family, we never, ever, ever give up," said a defiant Mayor Rob Ford after returns showed his brother Doug Ford would not succeed him in the mayor's office. "I guarantee in four more years you're going to see another example of the Ford family never, ever, ever giving up."

The outgoing mayor, who will stick around as a member of Toronto City Council after winning in the Ward 2 council race, used his speech at the Woodbine Banquet and Convention Hall in Rexdale to buoy the spirits of an audience that had some trouble accepting that John Tory, and not Doug Ford, would be the new mayor of Toronto.

A handful of supporters, most of whom would not even consider providing their names to reporters, blamed widespread electoral fraud and media bias for Tory's win. When Doug Ford took the podium to give his concession speech, he was greeted with chants of "RECOUNT!"

But the message from the Fords themselves stayed more positive, with a clear focus on taking back city hall in 2018.

"I will go to sleep tonight knowing that I gave it absolutely everything," said Doug Ford in his concession speech.

But it was Rob, not Doug, that was the star in the room. The mayor, now completely bald after going through chemotherapy to treat an aggressive form of cancer, entered the room to sustained cheers.

While promising to take care of his health, he also pledged to "take care of every taxpayer of the city." He said he'd work with Tory on issues like contracting out garbage, while fighting him on any attempt to build light rail lines.

"We today are going to start working for November of 2018. What the exact date will be, I'm not quite sure. October, November — but I know that's going to be a very important date," said Rob Ford. "I'll continue to fight," he added. "I'm just warming up, trust me."

Ford brothers Doug, left, and Rob in the Ford home in Etobicoke Monday, after the mayoral election results were announced. TORSTAR NEWS SERVICE

RCMP to release Zehaf Bibeau video 'someday': Top Mountie

The country's top Mountie says it's his hope to "someday" release to the public a video left behind by the gunman in last week's attack on the National War Memorial and Parliament Hill.

RCMP Commissioner Bob Paulson says the video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political and ideological motives.

And he says while the video is still being analyzed by police, it's his hope that it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence value," Paulson told a Senate committee.

"It will certainly someday be released.... I really am inclined to overcome those challenges and get it released as soon as possible."

In the video, Zehaf Bibeau says he will act in the name of Allah in response to Canada's foreign policy, a source close to the investigation told The Canadian Press.

"He says he will take action in the name of Allah and in response to Canadian foreign policy," said the source, speaking on condition of anonymity.

RCMP Commissioner Bob Paulson THE CANADIAN PRESS

Zehaf Bibeau did not make any other specific reference to current events in the video, which the source described as having been recorded on a cellphone or computer.

"It has raised questions about whether he was talking to other people. Who else was he talking to; was he engaged with other people?"

News of the video first emerged late Sunday when the RCMP issued a statement announcing its existence and describing it as evidence that Zehaf Bibeau was "driven by ideological and political motives." THE CANADIAN PRESS

Funeral

A public visitation for reservist Cpl. Nathan Cirillo was held Monday at a funeral home in Hamilton. A regimental funeral is set for Tuesday, and Cirillo is to be buried in a field of honour at a Hamilton cemetery.

Ebola. Symptom-free nurse leaves New Jersey hospital's quarantine tent

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday. She left University Hospital in Newark around 1:20 p.m. in a private vehicle, according to hospital spokeswoman Stacie Newton.

A statement released by the office of New Jersey Gov. Chris Christie said health officials in Maine had been notified of her arrival and that they could decide on her treatment and monitoring from there. Maine's protocols require her to be quarantined in her home in Fort Kent for 21 days after the last possible exposure to the disease.

Hickox complained about her treatment in New Jersey after she became the first person forced into the state's mandatory quarantine, announced Friday by Christie for people arriving at Newark Liberty International Airport from three West African countries. THE ASSOCIATED PRESS

$681M acquisition

Chiquita's deal with two Brazilian companies ripens

Chiquita has sealed a deal to be acquired by two Brazilian companies for about $681 million US, with the U.S.-based banana producer expected to go private by the end of this year or early next. The deal comes just days after shareholders rejected plans to merge with Fyffes, based in Ireland. THE ASSOCIATED PRESS

Saskatchewan

SaskPower CEO resigns amid safety questions

The head of Saskatchewan's Crown power company resigned Monday following a report into smart-meter fires that said customer safety wasn't enough of a priority. Economy Minister Bill Boyd said SaskPower CEO Robert Watson "took responsibility for the problems experienced with this project." THE ASSOCIATED PRESS

Detroit

Judge to rule on bankruptcy plan in Motor City

The city of Detroit urged a judge on Monday to approve its plan to get out of bankruptcy, calling it a sweeping effort to "solve some really bad problems" by wiping out billions in debt and spending $1.7 billion US on better services in a long-term prescription for the Motor City. THE ASSOCIATED PRESS

Market Minute

DOLLAR 88.98¢ (-0.04¢)

TSX 14,469.00 (-74.82)

OIL $81.00 US (-$0.01)

GOLD $1,229.30 US (-$2.50)

Natural gas: $3.57 US (-$0.05)
Dow Jones: 16,817.94 (+12.53)

Kidnappings lead to doubts about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to comply immediately. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call the ceasefire into question.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on condition of anonymity because they feared retribution.

The insurgents have also launched several attacks since the ceasefire was announced. On Friday, a multinational force including troops from Nigeria and Niger engaged in fierce fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to break the ceasefire. He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made … and we will make an effort also to bring back those that have been kidnapped," Wali told a news conference in Abuja, Nigeria's capital.

He spoke alongside the foreign ministers of Germany and France, who announced a joint initiative to help victims of Boko Haram.

"Thousands of people have become traumatized by the violence," said Laurent Fabius of France, announcing joint financing of "a program for the support of these people and to help them overcome the trauma and the psychological distress that they have suffered." THE ASSOCIATED PRESS

Pistorius case appeal to come

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend.

The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp and, if found guilty on the appeal, a minimum of 15 years in prison.

The 27-year-old double-amputee athlete was acquitted of murder by Judge Thokozile Masipa for shooting Steenkamp multiple times through a toilet cubicle door in his home. He testified he mistook her for a nighttime intruder. Masipa found him guilty instead on a lesser charge comparable to manslaughter.

The NPA said in a statement its decision to appeal was based on a "question of law," meaning it believes that Judge Masipa misapplied the law when she acquitted Pistorius of murder.

"The merits and the demerits of the NPA's argument … will become evident when we file papers for leave to appeal," the national prosecuting body said. "The prosecutors are now preparing the necessary papers." THE ASSOCIATED PRESS

Sandra Soroka
Senior Manager
E Sandra.Soroka@ca.gt.com

Blake Elyea, CPA, CGA, CIRP
Proposal Administrator, Trustee
E Blake.Elyea@ca.gt.com

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THE CASE OF THE FACE AND HOW WE DEBASE

SHE SAYS
Jessica Napier
metronews.ca

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

Metro Bitstrips caption contest

Today's winner:
Justin Irby

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

It took 25 years — but the future is finally here

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)

Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

@deankoshelanyk: most public meetings attended on a volunteer basis

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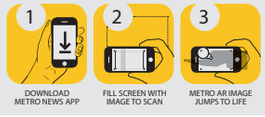

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DVD review

Begin Again

Director. John Carney

Stars. Mark Ruffalo, Keira Knightley

Music has the power to make us want to believe, which is why the blandly titled Begin Again often succeeds in spite of itself.

We want to believe Mark Ruffalo, playing a boozed-up and burned-out talent scout, is transported by the girlish warblings of Keira Knightley.

We want to believe writer-director John Carney can transport the feelings of his 2006 musical romance Once, with it's Oscar-winning song Falling Slowly, from Dublin to New York.

Begin Again is much more calculating than Once, and there may not be a single memorable tune, but there's enough there to make you accept the characters and cheer for them.

Knightley transfers her movie-star charm to her club chanteuse act, while Ruffalo's likable loser routine manages to rise for an encore. Watch them joyously dance together in Times Square to Stevie Wonder's For Once In My Life and you get it.

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana

Be very afraid when you see "inspired by" flash on the screen at the start of Deliver Us From Evil, a not-so-scary supernatural horror movie set in the Bronx. The subject in question is the real-life career of NYPD Sgt. Ralph Sarchie, a retired beat cop and demon chaser. If we actually had more of the sergeant's spark from Eric Bana, who plays Sarchie in the film, then Deliver Us From Evil might not have been DOA. Writer-director Scott Derrickson's efforts amount to just another dumb riff on The Exorcist.

PETER HOWELL

Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series About a Boy. GLOBAL

Minnie has a mother of a run as offbeat mom

Television. Minnie Driver gets maternal in unconventional ways on screens big and small

NED EHRBAR
Metro in Hollywood

Between her work on About a Boy, now in its second season, and in the upcoming film Beyond the Lights, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

It's interesting to see how different the TV show About a Boy is from the film.
I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

The movie was much more of a dramedy.
Definitely, definitely. Our show is a full-on comedy. With a heart!

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to Will and Fiona.
Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going.
I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for Will, all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully. I'd like to be doing it for a long time.

Watch About a Boy

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

And how surprised were you by your younger co-star's sudden voice change?
Oh my God, it was so funny. We laughed, we did laugh, bless his heart. I mean, poor thing, he's just growing up on camera. It's not easy, it's awful. But he's so sweet, he's a great boy.

And in Beyond the Lights, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown.
Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

That same behaviour might be seen differently if it were a father and son in a sports drama.
You're absolutely right. You frame it a different way and it becomes this story of courage and what it is to be a man. I think it is definitely a double standard. It's the way that we look at things. We don't examine what we're teaching our kids in terms of stereotypes and also how to turn things into a positive.

George R.R. Martin draws it out for fans

Books. Game of Thrones creator released an illustrated guide to his fantasy world this week — but it's not enough to satisfy waiting fans

George R.R. Martin knows all the signs of Boba Fett Syndrome. Named for the minor Star Wars character who fans demanded to know more about, Boba Fett Syndrome is most acute for any book or film series that has reached a certain level of phenomenon. At that point, minutiae become major.

For Martin, this has meant not just the usual demands for the next A Song of Ice and Fire fantasy novel (don't ask, he's still working on it), but constant letters and emails asking for information on everything from dragons to Aegon Targaryen's war against the Seven Kingdoms.

Martin's new book, released this week, is The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, 300 pages of back story and original artwork by some of the world's top fantasy illustrators. He agreed to the companion volume in 2006 and expected it would take just a couple of years. Naturally, it took longer. He intended to write some brief text to accompany the drawings, but ended up setting down some 300,000 words, more than enough to make his editor's "head explode."

"It was bigger than I anticipated," he said during a recent telephone interview, acknowledging that The World of Ice & Fire might have delayed still further the next Ice and Fire novel. "I start these things that I think won't take much time and they grow and grow."

Martin said The World of Ice & Fire offers material already in the Ice and Fire series; material he has long worked out in his mind and on paper, but had never released; and material he invented entirely for the book, such as the section dedicated to lands on the other side of the Narrow Sea. (Fans of Tyrion Lannister, be advised: Martin includes little about the character he has called his favourite. He's saving that for future books).

Time spent working on The World of Ice & Fire also means time spent on publicity, and on Sunday the resident of Santa Fe, New Mexico came to New York and appeared before hundreds of fans at Manhattan's 92nd Street Y. Dressed all in black — black corduroys, black shirt, and black vest set off by his white hair and beard — he was interviewed on stage by Salon.com critic Laura Miller and responded to written questions from the audience.

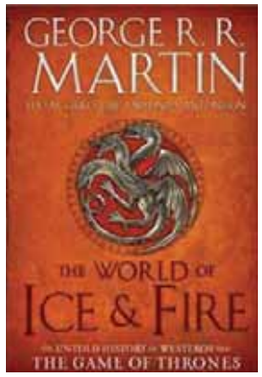
Martin, 66, has completed five of seven planned novels: The most recent, A Dance With Dragons, came out in 2011, the same year the Emmy-winning HBO adaptation Game of Thrones first aired. Martin said Sunday that one challenge is keeping track of so many characters and events spread out over thousands of pages. Like a filmmaker hiring a continuity director, he works with longtime Ice and Fire experts Elio M. Garcia, Jr. and Linda Antonsson, who run the fan site westeros.org and are credited as co-authors of the new book.

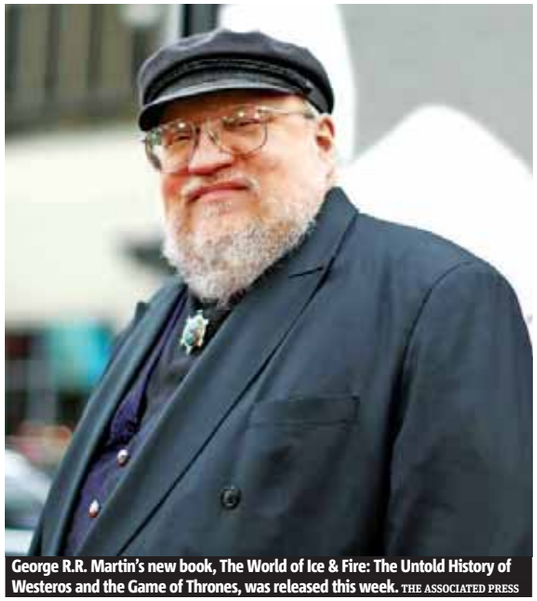
"They displayed, right away, an almost obsessive knowledge of my world. In fact, I had to alter my world because of that obsessive knowledge," Martin said, noting that they had caught errors in his work.

THE ASSOCIATED PRESS

Quoted

"(The new book) was bigger than I anticipated. I start these things that I think won't take much time and they grow and grow." Writer George R.R. Martin





George R.R. Martin's new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, was released this week. THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Catchy new song portrays Shia LaBeouf as a cannibal, with a nod to Citizen Kane

Here's something interesting (and that's putting it mildly). Musician Rob Cantor has composed and arranged a song called Shia LaBeouf, a thrilling tale of being lost in the woods and terrorized by the infamous actor and sometimes performance artist.

In the song, LaBeouf is cast as a sadistic cannibal. "He's almost upon you now and you can see there's blood on his face," Cantor speak-sings. "My God, there's blood everywhere!"

But that's just the song. The video for it, a live performance in a theatre space, features Cantor backed by a band, a string quartet, the West Los Angeles Children's Choir and the Gay Men's Chorus of Los Angeles, plus choreographed dancers — some wearing giant papier-mâché LaBeouf heads — Kung fu fighters and aerialists.

Shia LaBeouf ALL PHOTOS GETTY IMAGES

There's even a twist ending, which is all the more delicious when you realize it's a visual reference to Citizen Kane.

The Word

Is a pic with Oprah worth sacrificing a toe or two?

NED EHRBAR
Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head," Geller Bender says.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

DiCaprio chimps out while dates skimp out

Leonardo DiCaprio knows how to party, and apparently that means wearing a chimpanzee mask.

A man believed to be DiCaprio was seen alongside Australian pal James Packer ushering a trio of women clad in skimpy Halloween costumes into a waiting SUV outside of Nobu in Malibu over the weekend.

For those playing along at home, while the men in the group were wearing casual clothing plus masks — the bare minimum of effort — the women were dressed up as Sexy Wonder Woman, Sexy Greek Goddess and Sexy Playboy Bunny (which is more than a little redundant, really).

Look, I know it's Halloween and all, but I don't see why celebrities like DiCaprio don't just do this all the time. Everyone knows the old baseball cap and sunglasses routine doesn't fool anyone.

Kristen Stewart

Kristen Stewart's lofty ego has childhood friends 'dropping like flies'

Kristen Stewart has changed, man. At least that's the line some of her anonymous "friends" are feeding Radar Online.

The former Twilight star, who recently announced she's "taking time off" from acting, has been putting on airs, apparently. "Kristen doesn't even resemble the person that we knew from before she was with Rob (Pattinson). She used to be a very low-key, cool girl," a source gripes. "But her inflated ego has convinced her that even her childhood friends only want to hang out with her because of 'who she is.' It's really sad, and her friends are literally dropping like flies." Wait, literally? That sounds terrifying.

'OK-looking' Helen Mirren is new face of L'Oreal

There's ain't nothing like a Dame. None other than Dame Helen Mirren has been named as the new face of L'Oreal and will be repping the cosmetics giant alongside Blake Lively, singer Cheryl Fernandez-Versini and model Lara Stone. Mirren, though, is more than happy to downplay her own appeal.

"I am not gorgeous and I never was, but I was always OK-looking and I'm keen to stay that way," she says. "I have always loved the L'Oreal Paris brand, and I hope I can inspire other women towards greater confidence by making the most of their natural good looks. We are all worth it."

Yeah, but if Mirren is just OK looking, what hope do the rest of us have?

Helen Mirren

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

VAWN HIMMELSBACH
life@metronews.ca

Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing prostate cancer."

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced a lot of the men who show up at a doctor's office for a prostrate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early, however, it's almost always treatable and survivable. The challenge is getting men to get screened.

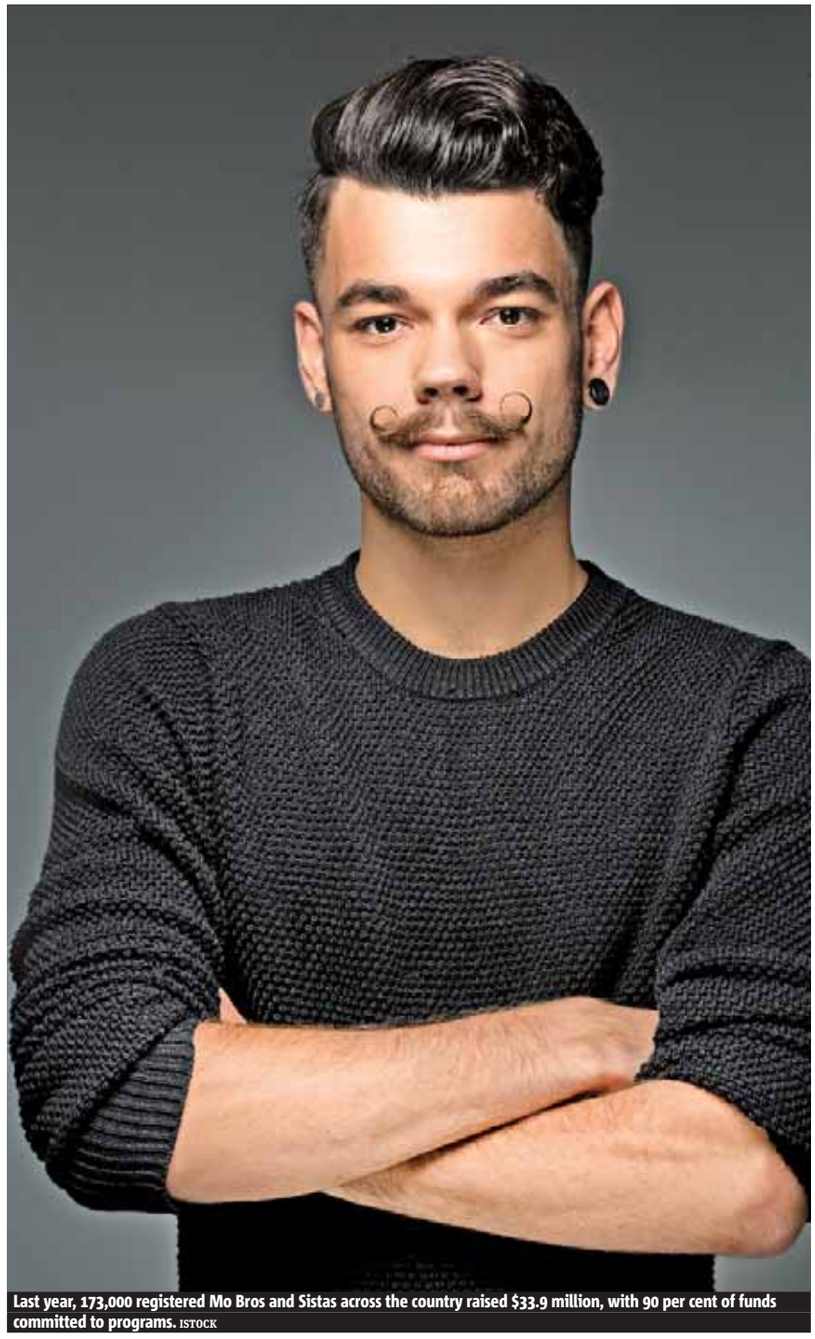
Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."



Last year, 173,000 registered Mo Bros and Sistas across the country raised $33.9 million, with 90 per cent of funds committed to programs. ISTOCK

And the winner is...

Movember asked Canadians to submit innovative ideas that aim to disrupt long-held assumptions about men's health. On Oct. 19, the organization announced 15 winners from across the country, which represent a $2.2 million investment in men's health.

- **Vancouver Winner.** MindWell Canada: Meeting Men in the Moment (MindWell Canada and the University of British Columbia) is a workplace program that will deliver "mindfulness" in a way that relates to men with the goal of long-term health and wellbeing. It's aimed at disrupting the divide between the personal and the professional by creating an opportunity for men to learn a life skill that fosters physical and mental health without the stigma of being perceived to be going to a doctor or therapist.

Mo Sistas

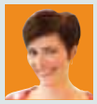
In many cases, women are the "gatekeepers" of a man's health, whether booking an appointment with his doctor or encouraging him to do it. Women can continue to do what they've always done: support the loved ones in their life, says Bombaci. Women can also register as a Mo Sista during Movember. "You can do everything a Mo Bro can do other than grow the moustache," says Bombaci. Getting women to encourage the men in their life to grow a mo and open up about their health is a powerful component of the campaign. "Women have been really good about looking after the health of the men in their lives, but I'd encourage men to encourage their mates or buddies to look after their health," says Oliffe. "Oftentimes it's the permission of men that helps you do things."

Women can sign up as Mo Sistas during the campaign. ISTOCK

Beef sauce that tops tonight's pasta is the filling for next week's burrito

Health Solutions

Give leftovers a second life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I never met a leftover I didn't love.

They are simple second suppers that make weeknights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

• Consume within 2-3 days or freeze for 3-5 weeks.
• Reheat only once! If you don't finish that portion, you must throw it out.
• Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

• Have a handful of simple, mildly flavoured entree recipes that can be adapted.
• Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).
• Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with foccacia, olives, tomatoes and cucumber to make a Tuscan salad. You get the idea.

Flavours

• Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

This recipe serves eight. THERESA ALBERT

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

THERESA ALBERT
myfriendinfood.com

This dish is foolproof and all of the veggies virtually disappear into the sauce since they're grated. Double or triple this batch and store in small containers so you can use it in a variety of ways.

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tablespoon of chili powder, serve with roasted vegetables as chili.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tbsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

1. Brown meat and drain all fat through a strainer, run under hot water.

2. Grate onion, carrots, green pepper, and garlic.

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine if using and allow to simmer for at least 20 minutes, best if over an hour. Stir in flax seeds. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

This recipe serves six. PRESIDENT'S CHOICE

Pesto, the next generation

Pesto doesn't have to be made with basil — this version uses coriander, with sunflower seeds in place of the pine nuts.

1. In mini food processor, process garlic and sunflower seeds until chopped. Add coriander, oil and salt; process until finely chopped. Add 1/4 cup (50 ml) cold water; process into paste.

2. In saucepan of boiling salted water, cook pasta 10 minutes or until tender but firm. Drain, reserving 1/2 cup (125 ml) of cooking water. Leaving pasta in colander, place reserved pasta cooking water, coriander pesto and tomatoes in pasta saucepan; stir to mix. Return hot pasta to saucepan; toss to coat with sauce. Transfer to serving bowl. Garnish with coriander sprigs. **PRESIDENT'S CHOICE**

Ingredients

- 2 cloves garlic, peeled
- 1/4 cup (50 ml) salted roasted sunflower seeds
- 3 cups (750 ml) lightly packed coriander leaves and tender stems
- 1/4 cup (50 ml) PC Blue Menu Omega Oil
- Pinch salt
- 1/4 cup (50 ml) cold water
- 1 pkg (375 g) PC Blue Menu Fettuccine with Fibre
- 1 cup (250 ml) quartered cherry or grape tomatoes

Adekugbe keeping a 'free mind' for playoff

Whitecaps. 19-year-old could make his MLS post-season debut in place of Beitashour

CAM TUCKER
cam.tucker@metronews.ca

The Whitecaps' Sam Adekugbe gets his head on the ball against Toronto FC's Luke Moore in Toronto on July 16. CARLOS OSORIO/TORSTAR NEWS SERVICE

Sam Adekugbe said he doesn't yet know if he'll be in the starting lineup for the Vancouver Whitecaps when they take on FC Dallas on Wednesday.

Head coach Carl Robinson, as one might expect heading into an MLS Cup playoff game, wasn't tipping his hand.

The 19-year-old Adekugbe is an option the rookie manager can go with in what will be the club's second post-season appearance in four years.

The Whitecaps will be without veteran right back Steven Beitashour, who suffered a pulled hamstring in the regular-season finale on Saturday.

That has opened up the possibility that Adekugbe, or 20-year-old defender Ethen Sampson, could be called upon in the biggest game in the club's history since its playoff loss to the L.A. Galaxy in 2012.

Should Adekugbe get in the lineup, Robinson would likely move Jordan Harvey over to the right side, which was the case Saturday.

"I don't really know what to expect because I'm still such a young person," said Adekugbe, a Whitecaps' homegrown player with five games experience in MLS.

The Whitecaps departed for Texas on Monday.

Adekugbe played his part in the Whitecaps win that clinched them the playoff berth. He came into the match unexpectedly in the 33rd minute when Beitashour went down.

No pressure.

Just a must-win game to clinch a playoff spot, at home, in front of 21,000 screaming fans that were still on the brink of either celebrating a victory or enduring the crushing disappointment of a loss or draw.

While there were questions about Beitashour's health entering that match, Adekugbe said it "caught him by surprise" when Robinson called on him as a substitution so early.

"That's something I try to do all time, which is go and play and don't think about it too much," said Adekugbe.

"If you think about it too much, you start making mistakes, and become anxious and become nervous. I always try to play with a free mind and express myself."

Coach's two cents

'Pressure's on Dallas': Robinson

Coach Carl Robinson tried to take the pressure off his players heading into their playoff game in Dallas.

The Whitecaps go into this one-game play-in round having never won in Dallas.

Since the start of June, FC Dallas has won eight of its last nine home games.

"The pressure's on Dallas," said Robinson. "They're expected to win. We're not expected to win. But as I've said when we went to Seattle (earlier in October), when we were at home to Colorado, I expect us to win. I've got a group of players that believe they can win."

Redskins rough up Romo in upset of Cowboys

Redskins linebacker Perry Riley sacks Cowboys quarterback Tony Romo on Monday night in Arlington, Texas. TIM SHARP/THE ASSOCIATED PRESS

Colt McCoy directed Washington to Kai Forbath's 40-yard field goal in overtime and Dallas was unable to answer after Tony Romo returned from an apparent injury, sending the Redskins to a 20-17 victory on Monday night that snapped the Cowboys' six-game winning streak.

McCoy, the former Texas star playing at the home of the Cowboys for the first time since his final college game in his home state, calmly drove the Redskins (3-5) to the winning points.

Monday Night Football

Redskins	Cowboys
20	17

The Cowboys (6-2) had one last chance, but didn't get a first down. Romo's final pass on fourth down was knocked away by Bashaud Breeland.

Romo left after getting sacked by Keenan Robinson in the third quarter. He lay motionless for several minutes but returned for the final Dallas drive of regulation.

Romo reached for his back after the hit and stayed flat on the ground before trainers rolled him to his side. He walked to the locker-room mostly under his own power.

Cowboys running back DeMarco Murray extended his record with his eighth straight 100-yard rushing game to start the season.

THE ASSOCIATED PRESS

4 SPORTS

Steering clear of the turf war

Sophie Schmidt, centre, is congratulated by Christine Sinclair and the rest of her Canada teammates after scoring against Germany during a friendly game in June at BC Place in Vancouver, where the pitch is artificial turf.
JEFF VINNICK/BONGARTS/GETTY IMAGES

2015 World Cup.
Team Canada's players say they want no part in the turf-grass controversy with FIFA

Canada's women's soccer team is refusing to get involved in the turf war surrounding the 2015 Women's World Cup.

Earlier this month, a coalition of international star players, including Abby Wambach of the U.S. and Marta of Brazil, filed legal action with the Ontario Human Rights Tribunal seeking to have games played on natural grass rather than artificial turf.

The women allege discrimination, arguing that men would never play their World Cup on artificial grass.

"Honestly, it personally doesn't affect me, and I don't think it affects anyone on the team," veteran Canadian striker Melissa Tancredi said Monday. "I know that we have something special here, and all that external stuff is happening, and that's fine.

"It has nothing to do with us. We just know that we're here to perform. Whatever surface you give us, we're going to perform."

Tancredi made the comments as the Canadian women's side prepared to meet Japan in an international friendly Tuesday on artificial turf at B.C. Place Stadium in Vancouver. The game serves as part of preparations for the 2015 Women's World Cup that Canada will host next summer.

"I think it's personal preference and people being angry and having different agendas — and that has nothing to do with what we stand for," said Tancredi. "I don't want to get involved. I don't think any of us want to get involved."

The Canadian Soccer Association and FIFA, the sport's world governing body, have refused to budge on the issue.

"Everyone would love to play on grass, but it's not our focus," said Canadian captain Christine Sinclair. "We'll let other people worry about the surface, and we'll prepare for the tournament. As a Canadian, it's an honour to have the World Cup in Canada and we want to do well in it."

Lawyers for the women say temporary grass surfaces at stadiums in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton would cost $2 million to $3 million at most.

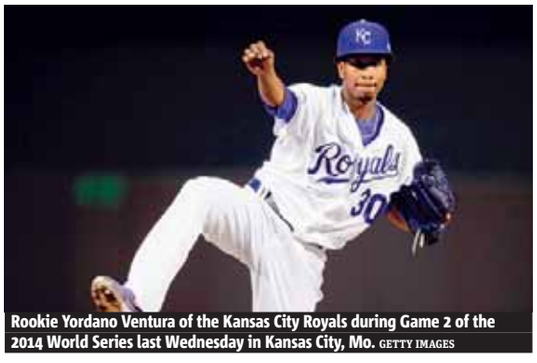
Sinclair said she is not in a position to judge.

"I have no idea," she said. "All we know is that the World Cup was given to Canada on the basis of it being (played) on turf — and we're preparing for such." THE CANADIAN PRESS

You get the hang of it

"I think it's something that your body gets used to, adapts to ... if you're not used to playing on it, the body can take a bit of a battering."
Vancouver Whitecaps' Irish international defender Andy O'Brien, who played more than 300 games in the English Premier League.

Royals in the safe hands of 23-year-old rookie



Rookie Yordano Ventura of the Kansas City Royals during Game 2 of the 2014 World Series last Wednesday in Kansas City, Mo. GETTY IMAGES

The Royals turn to a 23-year-old rookie to save their season, but not just any 23-year-old rookie: the hardest-throwing starting pitcher in the major leagues.

Yordano Ventura gets the ball Tuesday night with the Royals trailing 3-2 in the World Series, the same position they were in when they sent Charlie Leibrandt to the mound against St. Louis 29 years ago. Kansas City won 2-1 that night on pinch-hitter Dane Iorg's two-run single in the ninth after a blown call by first base umpire Don Denkinger, and the Royals went on to blow out the Cardinals 11-0 a day later for their only title.

"We have a lot of confidence in Ventura. We have confidence that we will win every time he takes the mound," Royals first baseman Eric Hosmer said. "We know we can do it. We're a confident group. But we can't do anything without winning Game 6. We're excited to get back home, where we feed off the fans and that energy."

In a matchup of Game 2 starters, the Giants go with 33-year-old Jake Peavy.

"He's one of the toughest guys out there on the mound," Giants third baseman Pablo Sandoval said. "He wants to finish it Tuesday."

The second all-wild-card World Series has followed the pattern of the first in 2002. The Giants won the opener on the road, lost the next two games and won two in a row to take a 3-2 lead. San Francisco opened a 5-0 lead in Game 6 at Anaheim but lost 6-5, and the Angels won Game 7 the following night. THE ASSOCIATED PRESS

More MadBum to come?

Madison Bumgarner's dominant performances in Game 1 and Game 5 has put San Francisco one win away from for another parade down Market Street.

- Bumgarner, who has gone 4-0 in four career World Series starts with an 0.29 ERA, could emerge from the bullpen to help out in Game 7 if necessary.

NFL

Vick to get his chance to steer Jets out of spiral

It's Michael Vick's turn, even though it's probably too late to save the New York Jets' season.

Rex Ryan announced Monday that Vick will start at quarterback over Geno Smith in the Jets' road game against the Kansas City Chiefs on Sunday.
THE ASSOCIATED PRESS

Premier League

QPR finally win one vs. Aston Villa

Charlie Austin scored twice to lift Queens Park Rangers off the bottom of the Premier League with a 2-0 win over Aston Villa on Monday.

Austin slotted in the opener from the edge of the area in the 17th minute and then met a cross in the 69th to fire in the second inside the near post in QPR's second win of the season.
THE ASSOCIATED PRESS

Figure skating

Canada's Reynolds pulls out of Ottawa event

Kevin Reynolds has withdrawn from this week's Skate Canada International in Ottawa as he continues to struggle with ill-fitting skates.

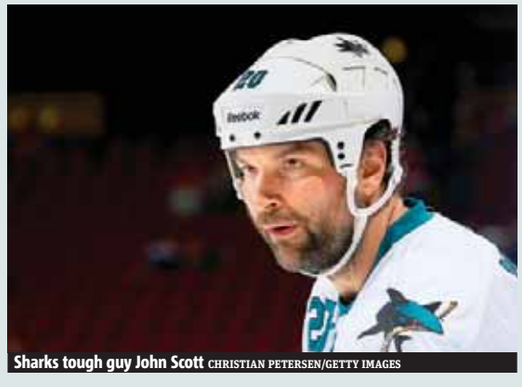
The native of Coquitlam, B.C., has had injury and equipment issues since last season.
THE CANADIAN PRESS

NHL

Sharks' Scott banned 2 games

San Jose Sharks forward John Scott has been suspended two games for his role in a fight with Anaheim's Tim Jackman.

The altercation came late in the third period Sunday night in San Jose's 4-1 win over the Ducks. Scott came off the bench on a legal line change and immediately engaged Jackman in a fight. THE ASSOCIATED PRESS



Sharks tough guy John Scott CHRISTIAN PETERSEN/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus
April 21 - May 21
Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini
May 22 - June 21
You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer
June 22 - July 23
Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo
July 24 - Aug. 23
A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo
Aug. 24 - Sept. 23
Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra
Sept. 24 - Oct. 23
You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio
Oct. 24 - Nov. 22
A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

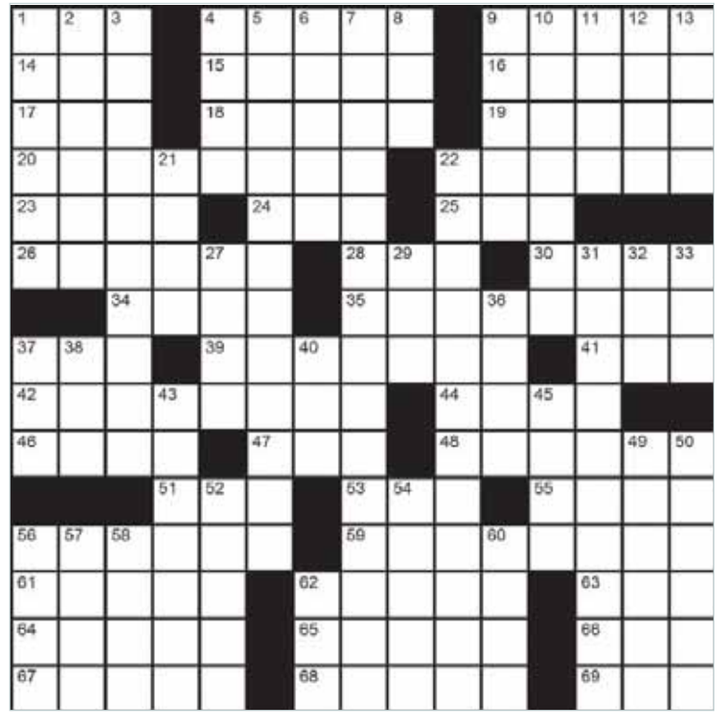
♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn
Dec. 22 - Jan. 20
You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius
Jan. 21 - Feb. 19
Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces
Feb. 20 - March 20
Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

Crossword: Canada Across and Down by Kelly Ann Buchanan



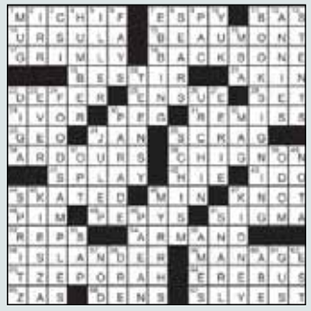
Across

1. "Chicago Fire" station
4. Instants
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going __..."
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La __ en Rose" by Edith Piaf
42. People from Halifax's province, Nova __
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother
55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's
63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "__, '_' does."
67. Church songs
68. Brazilian author, Jorge __
69. Economic fig.

Down

1. Fairly close: 2 wds.
2. Ms. Shields
3. Adam __, #43-Down's character on '80s soap "Dynasty"
4. B.C.-mined stone
5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly
9. Shaggy's dog, for short
10. Gig from a placement agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, __ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Launder
57. Creative
58. Space
60. "This __ __ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

Conceptis Sudoku

By Dave Green

9		8						
	4		6			3		
2				7			8	
	3			6	2			
		7	3	4	1	8		
			7	8			1	
	5			9				6
		2			5		4	
						1		8

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THE HANDY POCKET VERSION!
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metro

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

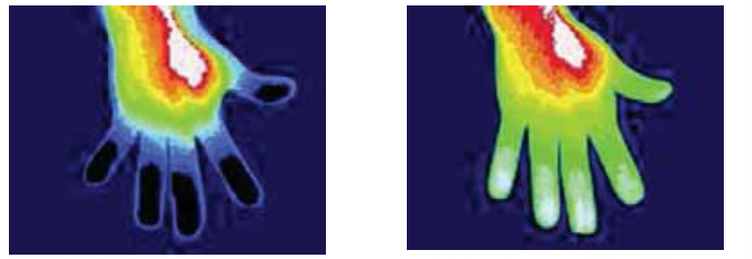
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

Hedley Enterprises Ltd.

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